



# Our Daily Breath

A newsletter published by the Pulmonary Rehabilitation Dept.  
Inter-Community Hospital

VOLUME XXIII

NUMBER 3

MARCH 2020

## Message from Nance...

Spring is coming! On March 20, the first day of Spring will be celebrated, as well as the International Day of Happiness. What does that look like? How do we celebrate? Spring always reminds me of a newness, a fresh start, a beginning; a celebration indeed! When I think about celebrating the International Day of Happiness, I am reminded how practicing kindness leads to happiness. What a perfect way to start our Spring 2020 with daily acts of kindness. What is so cool about acts of kindness is that it benefits not only the receiver but also the giver. Acts of kindness affect our emotional well being and have also been shown to decrease blood pressure, depression, anxiety and stress. It raises our endorphin and serotonin levels in the brain; a definite overall health benefit. Included in acts of kindness are not only ones of compassion, but acknowledgments. It could be to a stranger, a co-worker, a spouse, a friend or a child. It could be as simple as a smile, a compliment, a word of encouragement, holding the door for someone or giving your seat up for another. It may be paying for coffee for someone behind you in line, leaving quarters at the laundry mat or making a goodie bag for someone in need. Being kind does boost one's happiness and has a ripple effect to those around you. We know how we feel when we are a giver or the recipient of kindness...It is a WIN WIN! Just imagine if all of us were more mindful in expressing daily kindness to one another: what a forest of new trees there will be and a better world to live in.

“A single act of kindness throws out roots in all directions and the roots spring up and make new trees.”

~ AMELIA EARHART

**Happy Spring. Be well, remember to breathe and move...Nance**

**Our next Breath Savers meeting will be Thursday, March 19, 2020.** Lunch will be offered at noon for \$8. You may bring your own lunch if you prefer. The menu will be tri-color tropical quinoa salad, corned beef, cabbage, parsley heirloom potatoes, roasted root vegetables, Irish soda bread, lemon cake and St. Patrick's cookies for dessert. The program is FREE, and will start at 1 p.m. The topic will be "Self Care, Guided Meditation" presented by Suzanne Campbell. She is a member of the Spiritual Care Team of Emanate Health, and educates our outpatient cardiac and pulmonary patients about this topic. Meditation is a very important part of self care, and most of us don't take the time in our day to do it. It will definitely be a stress reducing afternoon. Come, bring a friend, and treat yourself to this learning and relaxing afternoon. We are having great attendance. We are almost at full capacity!! Please RSVP early – and no later than Thursday, March 12, 2020 – at 626.331.7331 x14455. See you there!

**Our last Breath Savers meeting was another OUTSTANDING program!** We continued 2020 with a delicious meal of grilled chicken breast with roasted vegetables and caprese salad with balsamic glaze (see recipe on page 5). Loretta Ann Layton, RN, Cardiovascular Nurse Navigator/ TAVR coordinator of Emanate Health gave a clear, well understood presentation on the structural heart and its current and upcoming less invasive procedures. She described the HEART like our HOME. The rooms are the chambers of the heart, the doors are the valves, the plumbing the coronary arteries, and the heart has its own electrical system. She also exhibited some video clips of these new surgeries to improve one's quality of life. Thank you, Loretta, for taking time out of your busy schedule to provide Breath Savers and Mended Hearts such an informative presentation. Also, a BIG THANK YOU to Toni Baiunco for again creating lovely centerpieces. They were very popular. This is a great way to give back to the organization.

### TIME TO SIGN UP!!!

Breath Savers, Mended Hearts, and Breathing Buddies — **APRIL 7, 2020** — **ROGERS GARDEN & SHERMAN GARDENS**  
See flyer on page 4. Anyone welcome, send in RSVP.

#### OUR "SO SMART"

#### PULMONARY REHAB GRADUATES:

Steven Summers, David Miller,  
Raymundo Carreon, Ashton Miller,  
Patricia Wilson and Milton Wright

#### DONATIONS TO BREATH SAVERS:

Estaban Jaramillo

IN MEMORY OF JOSEPH MORALES –  
Josephine F. Bush

#### GET WELL WISHES AND PRAYERS TO:

Anthony Williams, Fredrick Mock,  
Vicky Anderson, Penelope Vaughn,  
Donna Petrokowitz, Helen Carrillo,  
Yolanda Duron and Blanca Seibels

# SEPSIS: SYMPTOMS AND CAUSES

**S**epsis is a potentially life-threatening condition caused by the body's response to an infection. The body normally releases chemicals into the bloodstream to fight an infection. Sepsis occurs when the body's response to these chemicals is out of balance, triggering changes that can damage multiple organ systems.

If sepsis progresses to septic shock, blood pressure drops dramatically. This may lead to death.

**Sepsis is caused by infection and can happen to anyone. Sepsis is most common and most dangerous in:**

- Older adults
- Pregnant women
- Children younger than 1
- People who have chronic conditions, such as diabetes, kidney or lung disease, or cancer
- People who have weakened immune systems

Early treatment of sepsis, usually with antibiotics and large amounts of intravenous fluids, improves chances for survival.

## SYMPTOMS

### Signs and Symptoms of Sepsis

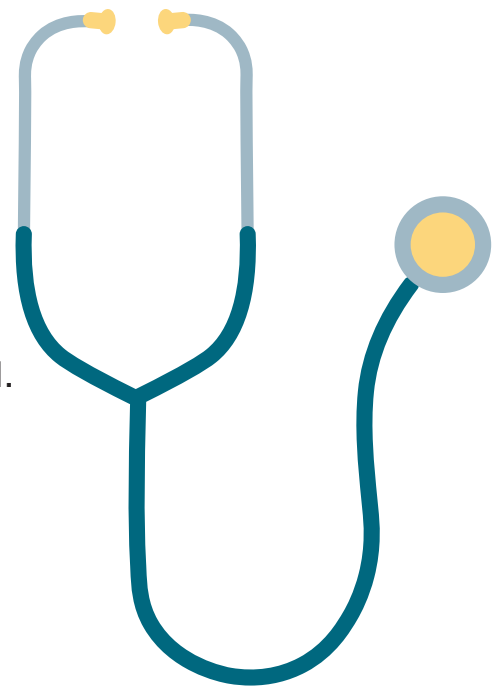
**To be diagnosed with sepsis, you must have a probable or confirmed infection and all of the following signs:**

- Change in mental status
- A first (upper) number in a blood pressure reading – also called the systolic pressure – that's less than or equal to 100 millimeters of mercury (mm Hg)
- Respiratory rate higher than or equal to 22 breaths a minute

### Signs and Symptoms of Septic Shock

Sepsis can progress to septic shock when certain changes in the circulatory system, the body's cells and how the body uses energy become more abnormal. Septic shock is more likely to cause death than sepsis is. **To be diagnosed with septic shock, you must have a probable or confirmed infection and both of the following:**

- The need for medication to maintain blood pressure greater than or equal to 65 millimeters of mercury (mm Hg)



- High levels of lactic acid in your blood (serum lactate) after you have received adequate fluid replacement. Having too much lactic acid in your blood means that your cells aren't using oxygen properly.

## When to See a Doctor

Most often, sepsis occurs in people who are hospitalized or who have recently been hospitalized. People in the intensive care unit are especially vulnerable to developing infections, which can then lead to sepsis. If you develop signs and symptoms of sepsis after surgery or after being hospitalized, seek medical care immediately

## CAUSES

While any type of infection – bacterial, viral or fungal – can lead to sepsis, the most likely varieties include:

- Pneumonia
- Infection of the digestive system (which includes organs such as the stomach and colon)
- Infection of the kidney, bladder and other parts of the urinary system
- Bloodstream infection (bacteremia)

## RISK FACTORS

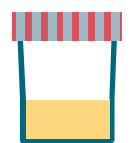
Sepsis and septic shock are more common if you:

- Are very young or very old
- Have a compromised immune system
- Have diabetes or cirrhosis
- Are already very sick, often in a hospital intensive care unit
- Have wounds or injuries, such as burns
- Have invasive devices, such as intravenous catheters or breathing tubes
- Have previously received antibiotics or corticosteroids

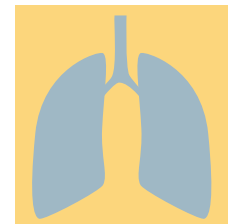
## SEPSIS DIAGNOSTICS



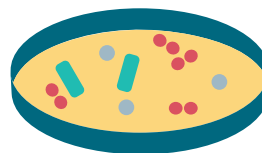
BLOOD TESTS



URINE TESTS



X-RAYS



MICROBIOLOGICAL CULTURE

## COMPLICATIONS

Sepsis ranges from less to more severe. As sepsis worsens, blood flow to vital organs, such as your brain, heart and kidneys, becomes impaired. Sepsis can also cause blood clots to form in your organs and in your arms, legs, fingers and toes – leading to varying degrees of organ failure and tissue death (gangrene).

Most people recover from mild sepsis, but the average mortality rate for septic shock is about 40 percent. Also, an episode of severe sepsis may place you at higher risk of future infections.

– BY MAYO CLINIC STAFF

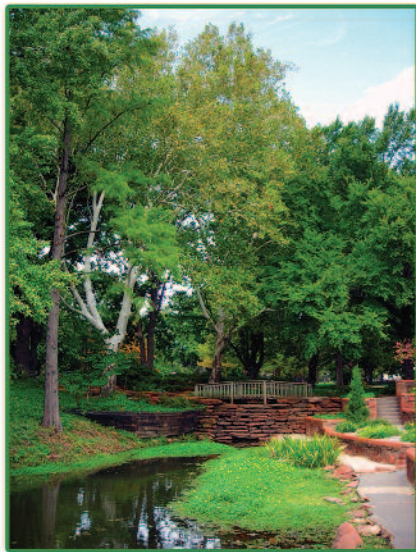
**BREATH SAVERS / MENDED HEARTS / BREATHING BUDDIES**  
**BUS TRIP TO SHERMAN GARDENS & ROGERS GARDENS**

**BUS TRIP APRIL 7, 2020**

Please join us for a lovely day in Corona Del Mar. At the beginning of our day, at the Sherman Gardens, we will have a docent tour of this inspiring horticultural oasis & nationally renowned botanic garden.

Lunch, on your own, will be in the Sherman Gardens.

Then, we will take a small jaunt, via our tour bus, to Rogers Gardens, where we will enjoy going through the beautiful gardens & we'll be able to purchase plants.



WE WILL TRAVEL BY BUS TO CORONA DEL MAR LEAVING FROM  
 INTER-COMMUNITY HOSPITAL NW PARKING LOT  
 WHEEL CHAIR ACCESSIBLE

*Lunch is available at the gardens or you can pack your own*

DATE: APRIL 7, 2020 **COST PP \$15.00**

Please Arrive by: 9:00 a.m. Bus Leaves at: 9:30 a.m.

Returning: at 3:30 p.m.

**REPLY by: MARCH 23, 2020**

Make check out to **BREATH SAVERS &**  
 send to: Carol Urlie - 1105 E. Blue Drive  
 West Covina, CA 91790

**PLEASE PRINT** all information below, detach, & mail as soon as possible:

Name(s) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell or Home Phone: \_\_\_\_\_ Need OXYGEN - Yes / No

Total Paid: \_\_\_\_\_ Check No: \_\_\_\_\_

Questions: Call Toni Baiunco - 626.348.4158



**Breath Savers**  
Cope Don't Mope



**Loretta Layton, RN, MSN, ANP-C**  
Structural Heart Coordinator  
Inter-Community Hospital  
"Structural Heart Advances in  
Cardiac Surgery"

February 20, 2020 Luncheon



**Mended Hearts™**  
of the San Gabriel Valley



**CHEF'S CORNER**  
BY EXECUTIVE CHEF EMILIO  
FEATURING COOK, PAULINE  
LUNCHEON FEBRUARY 20, 2020

**CAPRESE SALAD WITH BALSAMIC GLAZE RECIPE -**  
A classic caprese salad recipe with "out of this world" flavor.  
Topped with a sweet, yet tangy, balsamic glaze, to elevate  
every bite.

**CAPRESE SALAD INGREDIENTS**

- 2 BASKETS CHERRY TOMATOES, WASHED AND SLICED
  - 12 OUNCES MOZZARELLA CHEESE SLICED INTO 1/4-INCH SLICES
  - 1/2 CUP BASIL LEAVES, WASHED, ROLLED AND SLICED INTO THIN STRIPS
  - 1 TABLESPOON OLIVE OIL
  - 1/2 TEASPOON KOSHER SALT
  - 1/2 TEASPOON FRESHLY GROUND BLACK PEPPER
  - 1 TABLESPOON BALSAMIC GLAZE
- FOR HOMEMADE GLAZE: USE 1/2 CUP BALSAMIC VINEGAR REDUCED WITH:
- 1 TSP HONEY
  - 1 TSP DIJON MUSTARD



CAN ALSO USE PEAR TOMATOES & AVOCADO IN SALAD

ASSEMBLE SALAD BY ALTERNATING TOMATO & MOZZARELLA SLICES ON A MEDIUM PLATTER - TOP THE SLICES W/STRIPS OF  
BASIL & DRIZZLE W/OLIVE OIL. SPRINKLE SALT & PEPPER EVENLY OVER THE SALAD & DRIZZLE W/BALSAMIC GLAZE.

# Just For Laughs!



well hello,  
**march**

## WORLD TRAVELERS

### *They Get Around*

A man walked up to the airline ticket counter with a ticket to Los Angeles and three pieces of luggage. "This one," he said pointing to a blue bag, "I want you to send to Singapore. The brown trunk goes to London. And this one," he said as he picked up a black suitcase, "goes to Chicago."

"Sir," the ticket agent protested, "we can't do that."

"Of course you can," The passenger countered. "That's precisely what happened the last time I flew with you."



HAPPY SAINT PATRICK'S DAY

### *JUST SAYING...*

*The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.*

—MARK TWAIN

*I was thinking about how people seem to read the Bible a whole lot more as they get older. Then it dawned on me... they're cramming for their final exam.*

—GEORGE CARLIN

*Grandchildren don't make a man feel old; it's the knowledge that he's married to a grandmother.*

—G. NORMAN COLLIE

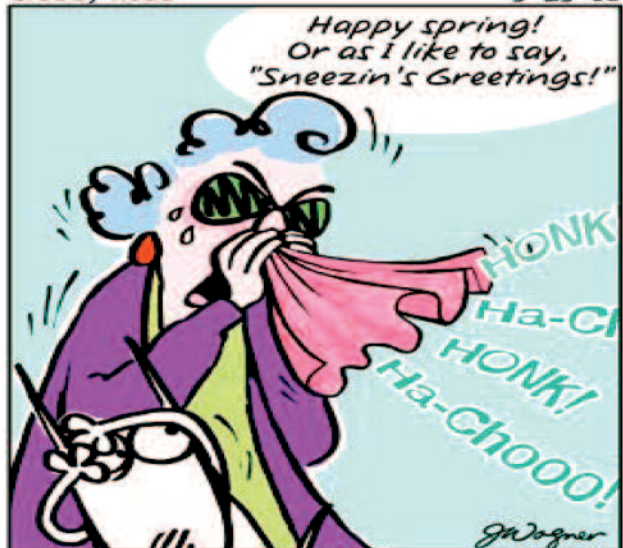
**MARCH**  
goes in like a **LION**  
& out like a **LAMB**



kissmylist.com

Crabby Road

3-23-10



©Hallmark Licensing, Inc.

Maxine.com



# The Sunshine Corner

**March Flower**  
Daffodil



## March Birthdays

Vincent Wirth	1
Dawn Reguero	2
Rose Brandestein	12
Joy Bevilacqua	12
Donna Petrokowitz	18
Karl Urlic	18
Jim Weingarten	18
Victoria Anderson	20
Frank Marin	22
Carlos Zuniga	26
Linda Marquez	28
Joseph Sansom	30
Elizabeth J Kuehfuss	31

**March Birthstone**  
Aquamarine



**You are a diamond –  
nothing can break you!**

**Being kind never  
goes out of style.**



**Dreams don't work  
unless you do!**

**Well done is better than  
well said.**



**Not all those who wander  
are lost.**



**Be the kind of person  
you want to meet.**

**Emanate Health Inter-Community Hospital**  
210 W. San Bernardino Road • P.O. Box 6108  
Covina, CA 91722-5108

**ADDRESS CORRECTION REQUESTED**

**Date:** Thursday, March 19

**Time:** 12 p.m. lunch • 1 p.m. program  
RSVP for lunch at  
626.331.7331 x14455

**Program:** Self Care, Guided Meditation

Presented by: Suzanne Campbell,  
Spiritual Care Team, Emanate Health

**Place:** Inter-Community Hospital  
Conference Center



DAYLIGHT  
SAVINGS TIME  
BEGINS...

*Spring  
Forward*

MARCH 8



**SENIOR EDITOR:** IN MEMORY OF  
Carole Wilson

**ASSISTANTS:** Rita Sullivan  
Lucy Brejcha  
Nancy Anderson

**CIRCULATION:** Rita Sullivan

**ADVISOR:** Nancy Anderson

Items printed in "Our Daily Breath" newsletter are from sources we believe to be reliable, but of course, they cannot nor are they intended to replace the care and advice of your own personal physician. Inter-Community Hospital and the "Our Daily Breath" newsletter assume no responsibility for any medical treatment undertaken by any individual, and we suggest you check with your physician for applications of any techniques into your personal program.